



LEADER TRAINING WORKSHOP

The Arthritis Foundation Exercise Program is designed specifically for persons with arthritis and related conditions. The program uses gentle exercises to increase joint flexibility, range-of-motion, and maintain muscle strength.



The next Arthritis Foundation Exercise Program Training Workshop for leaders will be held in Salt Lake City, UT. Limited space is available, so register early.

DATE:	Friday, March 7, 2008
TIME:	9 am - 4 pm
LOCATION:	Tenth East Senior Center 237 South 1000 East Salt Lake City, UT
FEE:	\$75 (includes training materials and lunch)
REGISTRATION DEADLINE:	February 29, 2008



Contact Leslie Nelson at 801-536-0990, 800-444-4993 or lnelson@arthritis.org for a registration packet. Thank you!